

## LTSC SAILING AND WATERSPORTS ACTIVITIES 2023 - included in membership unless cost shown

### JUNIORS

Activity	Age range/ experience	When	Location & cost	Details
Fish	Age 3 Plus	Saturday Morning 09.45 to 11.45	Sea Baths £2 per child	Build On Water Confidence with a focus on play, fun and on water familiarization with an objective of moving into 'Seals'
Seals	Age 5 Plus	Saturday Morning 11.00 to 13.00	Salterns £55 per year	For children who have gained some experience and understanding of the basics, develop familiarity and confidence with water and the equipment. Focus is still on fun, play and developing communication and enjoyment of water activities with an objective of moving into 'Dolphins'. Can lead to RYA 1 & 2 Qualifications
Dolphins	Age 6 Plus	Saturday Morning 11.00 to 13.00	Salterns £55 per year	For children age 6 upwards. Developing further the understanding learnt from 'Seals', increasing participants sailing skills, independence, determination, communication and teamwork. Can lead to RYA 1 & 2 Qualifications. From here children have the opportunity of moving onto river/Solent sailing at Lymington and gaining RYA stage 3 & 4 qualifications.
Intermediate	Age 7 Plus	Saturday Morning 09.30 to 12.00	River/Solent No charge	Introduce children to open water river/Solent sailing, increasing both independence, determination, communication and teamwork whilst ensuring fun and enjoyment for all. Focus on developing sailing skills in line with delivering RYA 3 & 4 Qualifications.
Advanced	Age 10 Plus	Saturday Afternoon 12.30 to 15.00	River/Solent No charge	Develop sailing skills further and deliver RYA 4 Qualification

Class 4 Racing	Advanced	Sunday Mornings 10.30 and Wednesday Evenings 17.20	River/Solent	Part of our regular racing series but designed with our junior sailors and other less speedy boats in mind
Junior Racing and Coaching	Advanced	Sunday 13.30  £45 for six sessions with a club boat  £35 for six sessions with own boat	River/Solent	Weekly afternoon racing for our junior members in Oppies, Teras and Fevas! Come and join in the fun and exciting racing with friends. To take part children need to be able to helm their boat comfortably around a triangle course and be confident sailing off the slipway and out the river; this is mostly aimed at children who are doing well in Saturday sessions and/or Salterns Bronze fleet level and are ready to experiment with the competitive side of the sport!
Start Sailing – RYA Courses 1 to 3	Age 11 plus	As advertised on the website	LTSC River/Solent	Qualified RYA instructors run RYA level 1-3 courses on weekdays throughout the season. These require booking and are chargeable. Please contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for more details.

## Kids Half Term & Holiday Camps

Activity	Who	When	Location	Details
Easter Camps	Age 7 Plus	3 <sup>rd</sup> -7 <sup>th</sup> April 10 <sup>th</sup> -14 <sup>th</sup> April	LTSC River/Solent	<p>A full week of activities Monday to Friday, starting at 9 am until 3 pm. Designed to improve the skill level of existing sailors and build confidence for beginners using the RYA syllabus with a focus on fun.</p> <p>Cost - £215 for members and £265 for non-members.</p>
May Half Term Camp	Age 7 Plus	29 <sup>th</sup> May – 2 <sup>nd</sup> June	LTSC River/Solent	<p>A full week of activities Monday to Friday, starting at 9 am until 3 pm. Designed to improve the skill level of existing sailors and build confidence for beginners using the RYA syllabus with a focus on fun.</p> <p>Cost - £215 for members and £265 for non-members.</p>
Summer Camps	Age 7 Plus	24 <sup>th</sup> -28 <sup>th</sup> July 31 <sup>st</sup> July – 4 <sup>th</sup> Aug 7 <sup>th</sup> -11 <sup>th</sup> Aug 14 <sup>th</sup> -18 <sup>th</sup> Aug 21 <sup>st</sup> -25 <sup>th</sup> Aug	LTSC River/Solent	<p>A full week of activities Monday to Friday, starting at 9 am until 3 pm. Designed to improve the skill level of existing sailors and build confidence for beginners using the RYA syllabus with a focus on fun.</p> <p>Cost - £215 for members and £265 for non-members.</p>
Halloween Camp	Age 7 Plus	23 <sup>rd</sup> -27 <sup>th</sup> October	LTSC River/Solent	<p>A full week of activities Monday to Friday, starting at 9 am until 3 pm. Designed to improve the skill level of existing sailors and build confidence for beginners using the RYA syllabus with a focus on fun.</p> <p>Cost - £215 for members and £265 for non-members.</p>

## ADULTS AND FAMILIES

### Dinghy Sailing

Activity	Who	When	Location	Details
Try Sailing Taster Sessions	Families & Adults	As agreed or during an organized session £100	LTSC River/Solent	A first time on the water or 'get back into it session' for 5 hours. Learn the basics of sailing from tacking to speed control and how to get back on land. Please contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for more details.
Start Sailing – RYA Courses 1 to 3	Families & Adults	Weekdays  £180 – Members £220 – Non-Members	LTSC River/Solent	Qualified RYA instructors run RYA level 1-3 courses on weekdays throughout the season. These require booking and are chargeable. Please contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for more details.
Leisure Sailing – Helms and crew (also suitable for crew beginners)	Families & Adults	Saturday Sailing in Afternoons (March to October)	LTSC River/Solent	Informal sailing sessions where new members can join and gain experience as a crew on the water from experienced club sailors. Club boats or your own boats can be used. Please contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for more details.
Family Sailing and other themed sailing events	Families	Sunday Afternoons	LTSC River/Solent	A dedicated session designed to allow families, parents and specific groups to sail with full safety cover and instructors on hand using either club boats or their own boats. Please contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for more details
Sailing Improver Sessions	Families & Adults	Saturday Morning 9-12pm £15 per session	LTSC River/Solent	Run by RYA qualified instructors with safety cover provided who can provide formal or informal coaching for those who already sail or are returning after a break. This is a paid for activity. Please contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for more details.
Club Dinghy Racing	All	Wednesday Evenings and Sunday AM	LTSC River/Solent	LTSC has an unrivalled reputation for dinghy racing, producing numerous national and international champion sailors. So, if

				your passion is dinghy racing experienced or not, we are the club for you. <a href="https://www.ltsc.co.uk/official-noticeboard">https://www.ltsc.co.uk/official-noticeboard</a>
Wednesday Morning Sailing	All	Wednesday 0930-1230  £10 per session (Pay on day)	LTSC River/Solent	A three-hour morning session with an instructor covering anything from launching and landing, sailing confidence, racing and sailing technique. As long as you know upwind from downwind come join this session.
Friday Free Sailing	All	Friday 1700-1900 onwards (summer only) FOC	LTSC River/Solent	A fun end to the week, a general watersports session covered by safety boats and instructors. Enjoy the bar and restaurant afterwards to kick of your weekend.
Get Back on the Water	All	Regular sessions – advertised when arranged £15 per session	LTSC River/Solent	A three-hour session, covered by safety boats and instructors. Designed to get back on the water, improve technique and build confidence in different conditions. £15 per session and bookable via the member's area on the website.
Club boat familiarization and rigging	All	Regular sessions – 1 <sup>st</sup> and 3 <sup>rd</sup> Sunday of the month @ 10.30	LTSC River/Solent	A rigging session to introduce new and existing members to our club boats, rigging demonstrations and advice on how to get on the water using these boats.

## Other Watersports

Activity	Location	Instructor*
Power Boat	LTSC River/Solent Cost TBC	The club runs both formal and informal training on the club powerboats, which are used as safety boats for all our events. We use instructors both from within the club instructor team and external instructors, when required.
SUP	LTSC River/Solent Cost TBC	Jo Styles, BSUPA qualified Stand-Up Paddleboard instructor. <a href="https://www.supstyles.co.uk/">https://www.supstyles.co.uk/</a>
Sun Rise SUP	LTSC River £15	A session for early risers. A paddle out to catch the first rays of sunlight with an instructor for support. Dates tbc so keep an eye on the website/newsletter.
Rowing	LTSC River/Solent Cost TBC	Kirsten Melin, British Rowing Level 2 Club Coach <a href="https://www.rowingadventures.co.uk/">https://www.rowingadventures.co.uk/</a>
Open Water Swimming	LTSC Cost TBC	Nina Yates, STA Level 2 Open Water Swim Coach, Level 2 Swimming Teacher, with Winter swimming certificate. <a href="https://www.forloveofwater.co.uk/">https://www.forloveofwater.co.uk/</a>

## Cruising and Yacht Racing

Activity	Who	When	Location	Details
Yachting Informal	Adults	Wednesday	LTSC – Solent area	We have a group who meet weekly known as ‘The Meanderers’ for an informal sail, lunch, the occasional drink and leisurely sail home. Please contact <a href="mailto:sailing@ltsc.co.uk">sailing@ltsc.co.uk</a> for more details.
Yachting Events	Families & Adults	As arranged	LTSC – locations around the south of England and France	The club organises a full schedule of yachting events, both cruising and racing. Please contact <a href="mailto:sailing@ltsc.co.uk">sailing@ltsc.co.uk</a> for more details.
Club Yacht Charter	All	Regular sessions – advertised when arranged, approx. £65 per day	LTSC – Solent, IOW, south coast	The club charts a yacht for a week and allows members to book and participate in a day’s sailing with an experienced helm. Great for beginners and those looking to build sailing miles.
Yacht Racing	All	Regular sessions – advertised when arranged	LTSC – Solent, IOW, south coast	The club organize a series of yacht racing during the season including the Solent Circuit, which takes place for six weeks in October and November on Sunday mornings.
JLPSC RYA Yacht Training	All	Regular sessions – advertised in the newsletters and website	LTSC – Solent, IOW, south coast	RYA Yacht Training courses provided through our relationship with the John Lewis Partnership Sailing Club. <a href="https://www.ltsc.co.uk/rya-yacht-training">https://www.ltsc.co.uk/rya-yacht-training</a>

## Training and Instructor Qualifications

Qualification	Age	When	Location	Cost	Description
Power Boat Level 2	Age 13 Plus	Courses are run most weeks on a Tuesday or Thursday and selected weekends.  More details on the website under training.	LTSC	Members £228 Non-Members £285	The PB2 is an internationally recognised qualification that demonstrates the holder has attained a basic level of competence in handling a power boat.
Safety Boat	Age 13 Plus	As arranged – Email <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for further details	LTSC	Contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for more details	This course aims to introduce the techniques used in powerboats escorting fleets of dinghies, windsurfers and canoes to provide safety and rescue cover. The course is intensely practical, using the club's RIBs, dinghies and other craft to show how to handle them when they are semi-submerged and heavy. Ropework applicable to escorting and rescuing boats is also taught and assessed.
Assistant Instructor	Age 13 Plus	As arranged – Email <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for further details	LTSC	Contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for details	The first step in the RYA instructor training scheme, this course allows members to teach sailing to beginners at LTSC under supervision. This can lead to RYA Dinghy Instructor qualifications.
VHF	Age 13 Plus	As arranged – Email <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for further details	LTSC	Contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for details	The RYA Marine Radio Short Range Certificate (SRC) is the minimum qualification required to operate marine VHF radio equipment in the UK. This includes both fixed and handheld equipment with and without Digital Selective Calling (DSC).



First Aid	Age 13 Plus	As arranged – Email <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for further details	LTSC	Contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for details	The default first aid training required for those holding any RYA instructor qualifications or commercial endorsements is the RYA First Aid course. This course is designed for the specific demands of providing first aid afloat.
Day Skipper Theory		As arranged – Email <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for further details	LTSC	Contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for details	A comprehensive introduction to chartwork navigation meteorology and the basics of seamanship. Invaluable for learning how to start making decisions on board and if you are considering taking the Day Skipper practical course.
Yachtmaster Theory		As arranged – Email <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for further details	LTSC	Contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for details	The RYA Coastal Skipper/Yachtmaster theory is advanced training for more experienced skippers building on the Day Skipper course. The course will take your theory knowledge to the standard required for RYA Coastal Skipper/Yachtmaster.
Competent Crew		As arranged – Email <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for further details	LTSC	Contact <a href="mailto:training@ltsc.co.uk">training@ltsc.co.uk</a> for details	This is for beginners and those who would like to become active crew members rather than just passengers. By the end of the course you should be able to steer, handle sails, keep a lookout, row a dinghy and assist in all the day to day routines.